

WHAT IS CLAIMED IS:

1. A method of providing substantially elliptical exercise motion which is adjustable, comprising the steps of:

rotatably connecting left and right cranks to a first portion of a frame;

movably interconnecting a linkage assembly between the cranks and a second, discrete portion of the frame so that left and right foot supporting portions of the linkage assembly move in first substantially elliptical paths; and

selectively moving the first portion of the frame relative to the second portion of the frame so that the foot supporting portions of the linkage assembly move in second substantially elliptical paths which are different than the first substantially elliptical paths.

2. The method of claim 1, wherein the interconnecting step involves rotatably connecting left and right first links to respective second links, and movably connecting the second links to the second portion of the frame, and rotatably connecting the cranks to intermediate portions of respective first links, between connection points associated with respective second links and foot supporting portions.

3. The method of claim 1, wherein first links in the linkage assembly are rotatably interconnected between respective cranks and respective second links in the linkage assembly.

4. The method of claim 3, wherein the second links in the linkage assembly are rotatably connected to the second portion of the frame.

5. The method of claim 3, wherein the foot supporting portions are movably connected to respective first links.

6. The method of claim 5, wherein at least one additional link is movably interconnected between the left foot supporting portion and a third portion of the frame, and at least one additional link is movably interconnected between the right foot supporting portion and the third portion of the frame.

7. A method of providing an adjustable, substantially elliptical exercise motion, comprising the steps of:

rotatably connecting left and right cranks to a first portion of a frame;

movably connecting left and right linkage members to a second portion of the frame;

movably interconnecting left and right rigid links between respective linkage members and respective cranks;

connecting left and right foot supporting members to distal ends of respective rigid links so that the foot supporting members are constrained to move in paths having a first substantially elliptical configuration; and

selectively moving the first portion of the frame relative to the second portion of the frame so that the foot supporting members move in paths having a second substantially elliptical configuration.

8. The method of claim 7, wherein the cranks are connected to respective rigid links at points disposed generally between respective foot supporting members and respective linkage members.

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5 9. A method of providing a substantially elliptical exercise motion having a configuration which is adjustable, comprising the steps of:

connecting left and right cranks to a first frame portion in such a manner that the cranks rotate about a first frame-based axis;

10 connecting left and right foot supporting members to first portions of respective first linkage members;

connecting second portions of the first linkage members to radially displaced portions of respective cranks in such a manner that the second portions of the first linkage members rotate about respective rotating axes relative to respective cranks;

15 rotatably connecting third portion of the first linkage members to respective second linkage members in such a manner that respective rotating axes are disposed between respective second linkage members and respective foot supporting members;

20 connecting the second linkage members to a second frame portion in such a manner that the second linkage members rotate about a second frame-based axis relative to the frame; and

selectively moving the first frame portion relative to the second frame portion to adjust the configuration of the substantially elliptical exercise motion.